

Target Audience

Project TND Plus targets high school youth ages 14 to 19 who have several speeding violations, minor in possession situation and/or are demonstrating more risk taking behaviors.

Implementation

The TND Plus includes: 12 classroom-based sessions, each of which is 40 to 50 minutes in length. The program was designed for implementation over a six-week period (i.e., 2 sessions per week); A pre and post counseling sessions and 2 follow-up support sessions and graduation ceremony/party.

Costs

TND Plus is \$35 per session for the 12 classroom sessions. The 2 counseling and 2 follow-up support sessions are included. If the \$420 is paid in full at the first class and students participate in at least 7 classes \$25 will be returned upon request. If students participate in 11 of the 12 classes \$50 will be returned upon graduation of the class. If needed some scholarships are available.

Additional counseling available at hourly rate upon request

Objective

At the completion of this program, students will be able to:

- Ø Stop or reduce the use of cigarettes, alcohol, marijuana, and hard drugs (i.e., cocaine, hallucinogens, depressants, amphetamines, etc.)
- Ø Stop or reduce weapon carrying.
- Ø State accurate information about the consequences of drug use and abuse, including environmental, social, physiological, and emotional consequences.
- Ø Demonstrate behavioral and cognitive coping skills.
- Ø Make a personal commitment regarding drug use.

Results

Project TND has been rigorously tested. More than 5,700 youth from 42 high schools in Southern California, and over 2800 youth from 45 high schools outside of California across the U.S., have participated in our research on the program. The project TND curriculum shows reductions in the use of cigarettes, alcohol, marijuana, hard drugs, weapons carrying and victimization. Conclusion: Project TND is an effective drug and violence prevention program for teens.



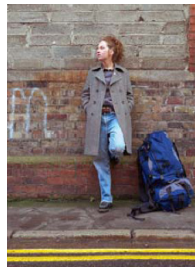
Towards No Drugs+

Adolescent Substance Abuse Prevention/Intervention Education

**Enrolling now for
up coming classes in
Ada and Canyon County**



Warning Signs of Teenage Drug Abuse



Signs in the Home:

- Ø Loss of interest in family activities
- Ø Disrespect for family rules
- Ø Withdrawal from responsibilities
- Ø Verbally or physically abusive
- Ø Sudden increase or decrease in appetite
- Ø Disappearance of valuable items or money
- Ø Not coming home on time
- Ø Not telling you where they are going
- Ø Constant excuses for behavior
- Ø Spending a lot of time in their rooms
- Ø Lies about activities
- Ø Finding the following: cigarette rolling papers, pipes, roach clips, small glass vials, plastic baggies, remnants of drugs (seeds, etc.)

Signs in the Home:

- Ø Sudden drop in grades
- Ø Truancy
- Ø Loss of interest in learning
- Ø Sleeping in class
- Ø Poor work performance
- Ø Not doing homework
- Ø Defiant of authority
- Ø Poor attitude toward sports or other extracurricular activities
- Ø Reduced memory and attention span
- Ø Not informing you of teacher meetings, open houses, etc.

Physical and Emotional Signs:

- Ø Changes friends
- Ø Smell of alcohol or marijuana on breath or body
- Ø Unexplainable mood swings and behavior
- Ø Negative, argumentative, paranoid or confused, destructive, anxious
- Ø Over-reacts to criticism acts rebellious
- Ø Sharing few if any of their personal problems
- Ø Doesn't seem as happy as they used to be
- Ø Overly tired or hyperactive
- Ø Drastic weight loss or gain
- Ø Unhappy and depressed
- Ø Cheats, steals
- Ø Always needs money, or has excessive amounts of money
- Ø Sloppiness in appearance

<http://parentingteens.about.com/cs/drugsofabuse/a/drugabuse20.htm>

Please note that even though some of these warning signs of drug abuse may be present in your teen, it does not mean that they are definitely abusing drugs. There are other causes for some of these behaviors. Even the life stage of adolescence is a valid reason for many of them to exist.

On the flip side of that, do not ignore the warning signs of teenage drug abuse. If six of these signs, (not all in the same category), are present for a period of time, you should talk to your teen and seek some professional help.

TND Plus is for youth who struggle in multiple areas of their lives. They may have tried alcohol or drugs, or they may have a number of other risk factors that increase the likelihood that they may become involved in alcohol or drug use.

Adolescents will be evaluated for service needs, and if appropriate enrolled in a substance abuse prevention education program and a support group.

This service is not appropriate for youth who meet the criteria to be eligible for substance abuse treatment services.

[For more information or to Enroll](#)

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